

WHAT IS CLAIMED IS:

1. An exercise device for improving physical fitness, comprising:

(a) a base body having a plurality of modules for supporting a user, at least one of said modules being displaceable by a body part of the user, and each module having at least one associated first separate component, said first component being in effective communication with an assigned body part of the user;

(b) at least one damping element connecting a respective first component with a corresponding module; and

(c) at least one vibrating movement generator operatively connected to at least one said first component for applying vibration movement to said first component.

2. The exercise device according to claim 1, wherein each module has a vibration movement generator operatively

connected to a respective first component of the module for applying vibration movement to the respective first component of the module independently of the first components of the other modules.

3. The exercise device according to claim 1, wherein the vibration movement is produced electrically.

4. The exercise device according to claim 1, wherein the vibration movement is produced pneumatically.

5. The exercise device according to claim 1, wherein the exercise device comprises a device that simulates a bicycling operation.

6. The exercise device according to claim 1, wherein the exercise device comprises a device that simulates a rowing operation.

7. The exercise device according to claim 1, wherein the exercise device comprises a device that permits cross-training exercises.

8. The exercise device according to claim 1 wherein:

(a) said plurality of modules comprises first and second step surfaces and first and second handle bars;

(b) said first component of said first step surface comprises a first separate footplate associated with the first step surface;

(c) said first component of said second step surface comprises a second separate footplate associated with the second step surface;

(d) said first component of said first handlebar comprises a first separate handle segment;

(e) said first component of said second handlebar comprises a second separate handle segment;

(f) said at least one vibrating movement generator is operatively connected to said first and second footplates and said first and second handle segments to selectively apply vibration movement to said first and second footplates and said first and second handle segments; and

(g) said at least one damping element comprises a first damping element arranged between said first step surface and said first footplate, a second damping element arranged between said second step surface and said second footplate, a third damping element arranged between said first footplate and said first handle segment, and a fourth damping element arranged between said second footplate and said second handle segment.

9. The exercise device according to claim 8, wherein said at least one vibrating movement generator comprises

first and second electric vibration motors associated respectively with said first and second footplates.

10. The exercise device according to claim 8 further comprising a connection element connecting said first and second handle segments, and said at least one vibrating movement generator comprises an electric vibration motor operatively connected to apply vibration movement to said handle segments through vibration of said connection element.